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Dairy Products for Health and Economy

By

MARION M. HEPWORTH and D. R. THEOPHILUS

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COOPERATIVE EXTENSION SERVICE IN AGRICULTURE AND HOME ECONOMICS OF THE STATE OF IDAHO, UNIVERSITY OF IDAHO, COLLEGE OF AGRICULTURE, AND UNITED STATES DEPARTMENT OF AGRICULTURE COOPERATING.

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Dairy Products for Health and Economy

By

MARION M. HEPWORTH AND D. R. THEOPHILUS*

Introduction

"The people who have achieved, who have become large, strong, vigorous people, who have reduced their infant mortality, who have the best trades in the world, who have an appreciation of art, literature, and music, and who are progressive in science and in every activity of the human intellect, are the people who have used milk and its products liberally."

Dr. E. V. McCollum, Johns Hopkins University.

Milk and milk products are indispensable to the growing child and to the health of the adult. For the growing child they are excellent foods, and for the adult they are the basis of a well balanced diet. Health authorities agree that 36 cents out of every dollar spent for food should be expended for milk and it products.

Milk and milk products contain those materials—protein, milk fat, milk sugar, minerals, and vitamins—which are absolutely essential to normal growth in the young from infancy to maturity. Parents who wish to protect their children and persons who wish to develop and maintain the best of health will make certain that milk and milk products are used liberally in the daily diet.

Milk

"Milk is just as necessary in the diet of the adult as in that of the growing child. Milk is our greatest protective food and its use must be increased."

Dr. E. V. McCollum, of Johns Hopkins University.

"Certainly it seems to me the boy should have his quart of milk per day until he is a man full grown, and the girl should continue to take her quart of milk per day until as a woman she has weaned her last child."

Dr. H. C. Sherman, of Columbia University.

"Present information as to cost and value makes it quite clear that the entire community would save expense and serve their nutritional needs best if as much as one quart of whole milk were used as food for each member of the population daily."

Committee on Nutritive Problems of the American Public Health Association.

"Milk is the only food that supplies calcium in large enough quantities to insure an adequate supply to the body."

Willard and Gillett.

*Home Demonstration Leader and Nutrition Specialist, Extension Division, and Associate Dairy Husbandman, Experiment Station, respectively.

Milk is the one food for which there is no substitute—it is the indispensable food. Child specialists declare that each child under one year of age should have at least a pint of milk every day, and they also recommend a quart of milk a day after the first year.

Milk contains on the average 87 per cent water and 13 per cent solids, the solids consisting approximately of the following: protein 3.3 per cent, milk fat 4 per cent, sugar 5 per cent, and minerals 0.7 per cent. In addition to these, whole milk is also a most valuable source of those mysterious, but, nevertheless, absolutely essential substances known as vitamins. Protein is necessary for building and repairing body tissues and the high quality proteins contained in milk are the most completely digested and absorbed of all food proteins. Milk fat is an essential source of energy for the body and the most easily digested form of any of our common fats. Sugar is found in milk in the form of milk sugar. Milk sugar is a source of energy for the body and is less susceptible to fermentation than cane sugar.

Minerals found in milk are of extreme importance. Calcium, or lime, one of the minerals, is essential for growth since it is the principal constituent of the bones and teeth. Phosporus, another important mineral found in milk, is necessary for good health as it is found in the blood, bones and teeth.

Milk is a "protective" food because of its vitamin content. Milk contains vitamins A, B, C, D, and G. Vitamin A is essential for growth and increases the body's resistance to infections, particularly respiratory disorders such as colds and sinus trouble. It is associated with the milk fat. Vitamin B is also necessary for growth and aids in the proper functioning of the digestive and nervous systems. One quart of milk daily contains enough vitamins A and B to meet the requirements of the growing child.

Vitamin C helps to prevent scurvy and aids in building bones and teeth. The vitamin C content of milk is less dependable than either the vitamin A or B content, and should be supplemented with orange juice, tomato juice, and raw vegetables. Vitamin D aids in preventing rickets, but milk should be supplemented with sunshine, cod liver oil, and egg yolk in order to secure the greatest benefits from vitamin D. Vitamin G promotes growth and prevents pellagra, but milk must be supplemented with leafy vegetables to obtain the best results from vitamin G.

Contrary to popular belief, milk is not a fattening food. People who tend to be over-fat and who wish to reduce should decrease the quantity of sugar, starch, and fat in their diet, but should always use milk freely as a protection against malnutrition and sickness.

Milk, while indispensable, is not in itself a complete food and should not be depended upon as the sole food for children or adults. It should be supplemented with fresh fruits, leafy vegetables, eggs, meats, and whole cereals.

Milk is frequently pasteurized in order to give an additional safeguard to the quality and safety of the product. Pasteurization does not impair the food value or healthfulness except in the case of vitamin C, which is not very heat resistant and consequently is reduced by pasteurization.

Milk is the most nearly perfect food because it is easily digested and assimilated and contains: (1) materials that children need for growth; (2) materials that young and old alike need for the repair of body tissues; (3) materials that regulate the body functions and protect against disease; and (4) materials that everyone needs to supply the heat and energy necessary for work.

Reasons for Using Milk.

Because milk is:

1. Easily digested and assimilated by the body
2. Suited to young and old alike
3. Furnishes:
   - (1) Energy
   - (2) Vitamin A, which promotes growth and resistance to disease.
   - (3) Vitamin B, which promotes growth, stimulates appetite, and aids in normal activity of the nerve cells.
   - (4) Vitamin C, which helps to prevent scurvy and helps to build bone and teeth.
   - (5) Vitamin D, which aids in preventing rickets and helps to build bone and teeth
   - (6) Vitamin G, which promotes growth and prevents pellagra
   - (7) Minerals for sound white teeth and strong bones
   - (8) Protein for repairing the wear and tear of the body

MILK RECIPES

These recipes include the use of milk in various parts of the meal.

Milk Drinks

Apricot Nogg

½ cup sugar
2 cups apricot juice
1 cup cold water
⅓ cup ice water

Dissolve the sugar in the apricot juice and chill. When ready to serve pour this into the milk and ice water. Shake vigorously or beat and serve immediately.

Raspberry Nogg

1 cup and 2 tbsp. raspberry juice (chilled)
1 tsp. sugar (more if desired)
¾ cup milk (chilled)

Mix fruit juice, water and sugar and add to milk. Serve ice cold.

Fruit Egg Nogg

2 eggs
Pinch salt
3 tbsp. sugar
¼ cup strawberry or cherry juice
2 cups ice cold milk
½ cup ice cold water

Beat egg yolks until thick and lemon colored and whites until stiff. Add salt, sugar and berry juice to yolks, combine well and add milk and water. Fold in the egg whites, pour into tall glasses and sprinkle top with nutmeg.

Whey Lemonade

1 quart whey
6 tsp. sugar
Juice of 2 lemons
Slices of lemon, or
Nutmeg or cinnamon

Mix, chill and serve.

Honey Egg Nogg

1 pint cold milk
1 egg
6 tbsp. honey
2 tbsp. lemon or orange juice

Shake together until blended, serve very cold.

Orange Nogg

1 cup cold milk
¼ cup ice water
½ cup sugar
2 cups cold orange juice

Shake together. Serve cold.

Chocolate Milk Shake

1 pint cold milk
1 cup ice water
4 tbsp. chocolate or cocoa syrup

Shake well and serve very cold.

Cocoa Syrup

Mix ½ cup cocoa, add ½ cup cold water to smooth paste. Add another ½ cup water and cook to smooth thickened paste. Add ¼ tsp. salt, 2 cups sugar, cook for five minutes stirring constantly. Cool and add 2 tsp. vanilla. Pour into jar, seal and use as needed. This should make a pint and may be kept ready for use.

Strawberry Freeze

2 cups crushed strawberries
½ cup sugar
2 cups chilled whole milk
¼ cup ice water
4 tbsp. lemon juice
Chipped ice

Wash, stem and crush sound, ripe strawberries, add sugar, chill. When ready to serve combine berries and sugar with milk and ice water. Add cold lemon juice, add chipped ice and serve at once.

Pineapple Freeze

2 cups chilled whole milk
¼ cup ice water
1 cup cold pineapple juice
3 tbsp. lemon juice
1 tbsp. sugar
Chipped ice

Combine fruit juices, sugar and ice. Add to chilled milk. Shake or beat with egg beater. Serve.

Milk Soups and Vegetables Cooked in Milk

Vegetable Soup

1 quart milk
⅓ cup carrots
⅓ cup turnips
½ cup celery
1½ cups potatoes
½ onion
5 tbsp. butter
Salt and pepper

Prepare the vegetables, cut in small pieces, put all together except potato and cook ten minutes in 4 tbsp. of butter. Stir all the time. Add a little water and cook until tender. Add milk and remaining butter. Heat. If desired this soup can be thickened by adding 2 tbsp. of flour.

Potato Soup

1 quart milk
3 potatoes
2 slices of onion
3 tbsp. butter
2 tbsp. flour
1½ tsp. salt
¼ tsp. celery salt
⅛ tsp. pepper

Cook potatoes in boiling salted water. When soft, rub them thru sieve. Scald milk with onion. Add slowly to potato. Melt butter, add salt and pepper, and flour. Make a smooth paste by adding a little of the milk. Put all together. Cook ten to twenty minutes.

Cabbage Cooked in Milk

Put a small white cabbage thru food chopper, using coarse cutter. Soak in cold water one-half hour, drain and cover with equal parts of milk and water. Cook uncovered 20 minutes. Season with salt and pepper.

Scalloped Potatoes and Carrots

3 carrots
6 potatoes
1 tsp. salt
⅛ tsp. pepper
1½ cups milk
2 tbsp. flour
2 tbsp. butter

Pare carrots and cut them in thin slices. Cook until tender and drain. Pare potatoes and cut in thin slices. Cook un-

til nearly tender and drain. Arrange potatoes and carrots in alternate layers. Sprinkle each layer with salt and pepper. Add some of the flour and butter to each layer. Add hot milk to cover. Bake slowly in covered dish about one-half hour. Uncover and let brown.

Scalloped Corn and Celery

2 cups corn
1 cup celery leaves chopped fine
1 cup toasted bread crumbs
1 tsp. salt
1 tbsp. chopped green pepper
2 tbsp. fat
½ cup hot milk

Arrange corn, pepper, celery and crumbs in alternate layers in a baking dish. Add fat to hot milk and pour over vegetables. Cover with toasted crumbs and bake twenty minutes.

Vegetable Chowder

4 potatoes
3 medium sized carrots
3 small onions
2 cups tomatoes (canned)
2 tbsp. butter
3 tbsp. flour
2 cups milk
2 tsp. salt

Cut potatoes and carrots into small cubes and cook carefully, in sufficient boiling water to cover, for twenty minutes. Chop the onion finely and cook with the butter about five minutes. Mix the flour to a smooth paste with a little cold milk. Add the onions and tomatoes to the cooked vegetables. Heat and stir into this the heated milk and seasonings. Stir in the flour and cook a few minutes longer. Serve hot.

MILK DESSERTS

Cocoanut Custard

3 eggs
4 tbsp. sugar
⅛ tsp. salt
2 cups milk
½ cup shredded cocoanut
Few grains nutmeg

Beat eggs slightly; add sugar, salt, cocoanut and nutmeg, add hot milk gradually. Pour into the baking dish or individual custard cups. Set in pan of hot water on folds of paper and bake in a slow oven until custard is firm. Test with knife blade. Remove from pan containing hot water and set in cold water to cool quickly.

Apple Custard

2 cups sweet milk
2 cups apple sauce
2 eggs
½ cup sugar

Beat the yolks, add milk, sugar and apple sauce. Fold in the beaten whites of egg, grate a little nutmeg over the top and bake in a slow oven.

Bread and Cheese Custard

4 slices of bread (buttered)
½ cup grated cheese
2 cups scalded milk
1 tsp. salt
⅛ tsp. pepper
1 tbsp. chopped green pepper

Put buttered slices of bread in a buttered baking dish. Sprinkle with grated cheese. Beat eggs slightly, add salt, pepper and scalded milk. Pour this mixture over bread and bake, setting dish in a pan of hot water until custard is done.

Caramel Bread Pudding

4 cups milk
½ cup sugar
2 cups stale bread crumbs
2 eggs
⅔ cup sugar
½ tsp. salt
1 tsp. vanilla

Caramelize ½ cup sugar and add to the milk which has been scalded in a double boiler. When caramel has dissolved, add bread crumbs and let soak thirty minutes. Beat the eggs slightly, add ⅔ cup of sugar, salt and vanilla. Add to the first mixture, turn into a buttered pudding dish and bake in a moderate oven one hour. Serve with whipped cream sweetened and flavored with vanilla.

Dessert Suggestion

Place a 15-ounce can of sweetened condensed milk in a kettle of boiling water. Leave can unopened and boil for three hours. Take part of this mixture out and beat with spoon. Combine with whipped cream and beat with dover egg beater. One can of milk combined with whipped cream will serve as many as twelve people. To vary this recipe add nuts, cocoanut or candied mint leaves. Cut marshmallows may be added. Let stand three-fourths hour in sherbet cups. Use garnish on top. Gelatine may be added if desired.

Pineapple Whip

Cover 1 pound of marshmallows with one can grated pineapple. Let stand over night. Whip in 1 cup sweet cream and beat until the mixture is light and fluffy. Chill and serve with cherry on top.

Date Grapenut Bavarian

1 tbsp. gelatine
¼ cup cold water
⅛ tsp. salt
¼ cup grapenuts
1 cup (½ pkg.) sliced dates
1¼ cups scalded milk
½ tsp. vanilla
½ cup heavy cream (whipped)

Soak gelatine in cold water for at least five minutes. Add dates and salt to scalded milk; add soaked gelatine and stir over hot water until gelatine is dissolved. Remove from fire, add grapenuts and vanilla. Pour into a mold which has been rinsed in cold water. Let stand in a cool place until firm. Unmold.

Serve with or without additional whipped cream. Graham cracker crumbs may be used in place of grapenuts. This serves six.

Prune Cream Whip

1 pkg. lemon jello
1 cup boiling water
2 tbsp. sugar
½ cup whipped cream
1½ cups cooked prune pulp run thru colander
½ cup nut meats chopped

Dissolve the jello in boiling water. Cool. When starting to set beat with dover egg beater until consistency of whipped cream. Whip the cream and fold into the sugar and prune pulp. Fold this mixture into the jello and add nuts. Put in chilled mold and set. Serve with thin cream or with custard sauce.

Strawberry and Marshmallow Cream Whip

2 cups strawberries washed, sorted and halved
12 marshmallows cut in fine pieces
½ cup sugar
1 pkg. strawberry jello
2 cups boiling water
1 cup whipped cream

Mix sugar with strawberries and add marshmallows. Let stand for one hour. Dissolve jello in boiling water. When thickening, beat until like whipped cream. Fold in strawberries and marshmallow mixture. Add whipped cream. Turn into mold and set. Garnish with whipped cream and strawberries. Raspberries may be used instead of strawberries.

Milk Sherbert

¼ cup lemon juice
2 cups sugar
1 quart milk
1 egg white
1 cup grated pineapple

Mix sugar, lemon juice, stir constantly while adding milk. Add the stiffly beaten egg white, pour into freezer. When partly frozen, add pineapple, continue freezing. Crushed strawberries, chopped fresh or canned peaches or canned apricots may be used instead of pineapple. Fresh peaches should be sweetened.

BUTTERMILK

Buttermilk has nearly the same food value as milk with the milk fat removed. Its slightly sour or acid flavor is very pleasing and has a cooling and invigorating effect. Buttermilk is easily digested and is frequently prescribed by doctors for certain digestive or intestinal disorders. Scientists say that the secret of long life of many races has been their extensive use of buttermilk. It is used extensively in hospitals for convalescents and by many people in hot weather as a supplement to a light lunch or as a thirst quencher.

There are three kinds of buttermilk: lactic acid, or ordinary buttermilk; Bulgarian buttermilk; and acidophilus. The

last two kinds are not common except in larger cities and are usually used only in the case of certain intestinal or digestive disorders. Ordinary buttermilk, commonly called lactic acid or cultured buttermilk, is usually available in all small towns and if it cannot be purchased may easily be made at home. Buttermilk has a variety of uses besides that as a beverage.

Reasons for Using Buttermilk

Buttermilk is:

1. Very agreeable to the digestive organs
2. Highly digestible
3. A valuable source of protein and minerals
4. Cooling and invigorating
5. A cure for certain intestinal or digestive disorders.

BUTTERMILK RECIPES

Buttermilk Punch

2 cups buttermilk
Juice of 1 lemon
Juice of 1 orange
Sugar to taste

Mix together, strain, chill and serve cold.

Buttermilk Ice Cream

1 cup whole milk
1 egg
1 cup cream (more if richer ice cream is desired)
2 cups buttermilk
½ to ⅔ cup sugar
1 to 1½ cups canned shredded pineapple

Make a custard of the egg, milk and a part of the sugar. The rest of the sugar may be dissolved in the buttermilk or the pineapple. Mix together all except the pineapple and freeze to a soft mush, then add the pineapple and complete the freezing. Other flavoring may be used, but the pineapple is especially pleasing.

Buttermilk Dressing for Salads

½ pint thick butermilk
¼ pint mayonnaise dressing
Juice of ½ small onion
½ tsp. lemon juice
¾ tsp. salt
¼ tsp. mustard
⅛ tsp. paprika
⅛ tsp. white pepper

Fold all the ingredients into the unbeaten buttermilk. This dressing is delicious with a Waldorf salad made from fresh cabbage, apples, lettuce, and finely cut, fresh uncooked spinach.

It is also a refreshing dressing for a salad made of green peppers, tomatoes, chopped celery, parsley and diced cucumbers. It can be used on many other vegetables salads as well.

Ginger Bread (Buttermilk)

2 eggs (beaten in mixing bowl)
⅔ cup sugar
⅔ cup butter
1 cup molasses
1 cup buttermilk
1 tsp. soda
1 tsp. cinnamon
½ tsp. ginger
1 tsp. salt

Use flour enough to make a very stiff dough. The advantage of this recipe is that it takes a few dishes to mix it—only one mixing bowl and one measuring cup if managed correctly.

BUTTER

"Butter is in a class by itself. It is one of the most easily digestible of fats and undoubtedly, when considering the oils and fats dietetically, is the best source of vitamin A."
Professor M. E. Jaffa, Emeritus Professor of Nutrition, University of California.

"Among all the fats which are acceptable to the appetite, none is so rich in vitamin A as butter fat."
Dr. E. V. McCollum.

Butter is nature's storehouse for vitamin A, which promotes growth, helps to build up resistance to respiratory diseases such as colds or sinus troubles, increases length of life, vitally affects reproduction, and prevents and cures xerophthalmia, an eye disease. Vitamin D, which aids in protecting the growing child against rickets and helps to build sound teeth and bones, is also found in liberal amounts in butter.

Nature has endowed butter with a distinctive flavor all its own which makes other foods taste better. Famous chefs when asked the reason for the exceedingly delicate flavor of the food they serve say, "We always cook with butter."

Butter is an economical food, for when you use butter you get more for your money than for any other food fat; you get a satisfying and easily digested food fat that furnishes energy, a delicate flavor which cannot be duplicated, and liberal amounts of two essential vitamins.

Reasons for Using Butter

Because butter:

1. Contains large amounts of vitamins A and D, which are indispensable to growth and health
2. Has a flavor all its own which makes any food taste better
3. Is an excellent source of heat and energy for the body
4. Is easily digested
5. Is economical to use
6. Has no substitute.

BUTTER RECIPES

Hard Sauce

½ cup butter
1 cup powdered sugar
Vanilla

A short cut method—Heat sugar in oven until hot but not colored. Cut butter in cubes, add ½ cup of sugar and beat until smooth. Add rest of the sugar and flavoring.

Butter Cream Icing

½ cup butter
2 cups powdered sugar
Few grains salt
1 egg yolk
½ tsp. vanilla

Cream butter and sugar, add egg yolk, salt and vanilla. If necessary add enough cream to make proper consistency to spread.

Orange Butter Icing

Cream together 4 tablespoons of butter, 1¼ cups powdered sugar and 3 tablespoons orange juice.

Cream Sauce for Puddings

¼ cup butter
1 cup powdered sugar
¼ cup heavy cream
¼ tsp. vanilla

Cream butter. Add sugar gradually, the whipped cream and flavoring.

Foamy Sauce

½ cup butter
2 cups powdered sugar
1 egg
1 tsp. vanilla
¼ tsp. salt

Cream butter. Add sugar gradually, then beaten egg, and vanilla and salt. Beat over hot water. Cool and when ready to serve, 1 cup whipped cream may be added.

Lemon Butter Balls

Shape butter into small round balls. Allow to stand in lemon juice or roll in finely chopped parsley. Suitable for fish garnish.

CHEESE

"From the standpoint of the housekeeper, cheese is of importance because of its high nutritive value, particularly its high percentage of protein or muscle-forming materials, because of the ease with which it can be kept and prepared for the table, and because of its appetizing flavor and of the great variety of ways in which it can be served."

Dr. C. F. Langworthy, former chief of the Bureau of Home Economics, United States Department of Agriculture.

"As the food value and digestibility of cheese become better known, it should come to occupy a much more prominent place in the typical dietary than it does at present."

Dr. H. C. Sherman.

Cheese contains most of the protein, milk fat, minerals, and vitamins found in the milk from which it is made. It is a concentrated protein food, more economical than other protein foods and lends itself readily to a variety of uses, either as a

supplement to or as a substitute for meat or fish. The increased use of cheese in the diet of the average American family not only lowers the cost of the dietary, but also adds to the health value of the meal by providing valuable milk fat, protein, minerals, and vitamins A and D.

Some people think that cheese is hard to digest. This is not true. Elaborate experiments conducted by the United States Department of Agriculture through its Bureau of Animal Industry showed that cheese is from 90 to 99 per cent digestible.

Reasons for Using Cheese

Cheese is:

1. A concentrated source of energy
2. A protective food because of its vitamin content
3. An excellent source of minerals for building bones and teeth
4. An economical source of the highest quality protein for muscle building
5. Palatable and highly digestible
6. Capable of a great variety of uses.

CHEESE RECIPES

Layered Cheese and Apple Salad

1 pkg. lemon jello
1 pt. boiling water
1 tsp. sugar
1 pkg. (3 oz.) cream cheese
2 tbsp. lemon juice
1 tsp. salt
1 red apple cut in ¼-inch dice
½ cup walnut meats broken

Dissolve jello in boiling water. Add 1 tbsp. lemon juice and salt. Combine apples, sugar, dash of salt and remaining 1 tbsp. lemon juice. Chill, when slightly thickened fold apples into ½ of jello mixture. Turn into mold. Chill until firm. Beat remaining jello with rotary egg beater until consistency of whipped cream. Fold in cheese and nuts. Pour over firm first layer. Chill until firm. Serve in squares or crisp lettuce. Garnish with mayonnaise.

Molded American Cheese Salad

2 cups crushed pineapple
Juice of 1 lemon
⅓ cup sugar
2 tbsp. gelatine
¾ cup grated American cheese
½ pt. cream

Heat pineapple, lemon juice and sugar to boiling point. Pour over gelatine which has been soaked ten minutes in ½ cup cold water. When cool and starting to set, add grated cheese and whipped cream and mold. Serves twelve.

Cream Cheese and Vegetable Salad

1 cup tomato soup
3 cakes cream cheese
2 tbsp. gelatine
¼ cup cold water
1 cup mayonnaise
1½ cups chopped olives, pimentoes, celery, onion and green pepper

Bring the tomato soup to a boil, add the cheese, and stir until smooth. Add the gelatine, softened in cold water. When partly cooled, add the mayonnaise and vegetables. Mix well with a fork, and pour into small oiled molds or into a ring or other larger mold.

Grapefruit and Cheese Salad

Arrange sections of either fresh or canned grapefruit on crisp lettuce leaves to represent petals and flowers. Grate ¼ package American cheese. Place 2 tablespoons of grated cheese in center of grapefruit. Garnish with maraschino cherry.

Tomato and Cheese Salad

Peel carefully fresh tomatoes. Cut into sections nearly to stem end. Arrange in crisp lettuce leaves. Pipe with pastry-tube softened cream cheese between tomato petals, with piping of cheese in center of salad. Sprinkle with dash of paprika.

Apple and Date Salad With Cream Cheese

Cook thick rings of apples in heavy syrup until transparent. Cool and place on crisp lettuce leaf. Pipe softened cream cheese around apple. Divide into thirds by pressing three stoned dates into cheese. Pipe cheese in center. Sprinkle dash of paprika in center. Serve with sour cream salad dressing.

Frozen Cheese Salad

1 cup whipping cream
4 tbsp. lemon juice
6 oz. or two small pkgs. cream cheese
½ cup mayonnaise
¾ cup crushed, drained pineapple
½ cup chopped canned pears or peaches or apricots

Chill cream and whip. Add lemon juice, cream the cheese and fold into cream. Add mayonnaise by folding in carefully. Last, fold in canned fruit and place in mold. Set mold in cold place and allow to set.

Tomato and Cabbage Salad With Cheese Dressing

Slice tomatoes and chill. Place on lettuce leaf. Top with shredded chopped cabbage, seasoned with salt and pepper. Add cheese dressing. Serve cold. Garnish with halves of sliced tomatoes.

Cheese Dressing

4 tbsp. cheese
1 egg
¼ cup cold water
1 tsp. vinegar
¼ tsp. mustard
½ tsp. salt
1 tsp. sugar

Beat egg until light. Add salt, sugar, mustard and vinegar, cook over boiling water until thick. Add the cheese and beat until light and smooth.

Cheese and Prune Salad

¼ cup cheese
½ cup chopped nuts
Prunes
1 cup mayonnaise
1 tsp. lemon juice

Cream the cheese with mayonnaise. When well mixed, add nuts. Shape into balls and stuff prunes which have been previously cooked and stoned. Lemon juice is added to water prunes are cooked in. Serve on lettuce leaves with mayonnaise dressing.

Lima Bean and Cheese Roast

2 cups cooked lima beans
1 pimento
⅔ cup cheese
Salt and pepper
Bread crumbs

Put cheese, beans and pimento through a meat grinder. Add bread crumbs until stiff enough to make a roll. Brown in oven. Baste occasionally with melted butter and water.

SANDWICH SUGGESTIONS

Cheese and Olive Sandwich

Butter thin slices of whole wheat bread, add lettuce leaf. Cream American cheese, add chopped stuffed olives and spread on bread. Cut diagonally.

American Cheese Sandwich

Cream sufficient American cheese with small amount of butter. Add chopped celery, chopped sweet pickles, which have been mixed with mayonnaise. Spread over the bread.

Brazilian Sandwich

1 small cream cheese (3 oz.)
2 tbsp. milk
2 tbsp. chopped nuts
3 tbsp. strawberry or pineapple preserves

Mash cheese, add milk and blend. Add nuts and preserves well drained of syrup. Spread thin slices of white or graham bread with mayonnaise, cover half the slices with the mixture and the remaining half with lettuce leaves.

Cheese and Jelly Sandwich

Butter slices of bread and spread with a layer of cream cheese, add a layer of jelly. Place another slice of buttered bread on top and cut diagonally across.

CHEESE DESSERTS

Spiced Cheese Pudding

2 slices stale bread
2 eggs
½ tsp. salt
1 cup milk
1 cup cottage cheese
¼ tsp. soda
½ cup sugar
¾ cup seeded raisins
¼ tsp. allspice
¼ tsp. mace
¼ tsp. cloves

Soak bread in milk. Mix ingredients. Fold in stiffly beaten whites last. Bake like a custard in moderate oven. Serve with custard sauce or hard sauce.

Gingerbread (Sour Milk)

½ cup sugar
4 tbsp. butter
1 egg
½ cup sour milk
½ cup molasses
1¾ cups flour
¼ tsp. salt
1 tsp. ginger
1 tsp. cinnamon
½ tsp. allspice
½ tsp. cloves
½ tsp. nutmeg
1 tsp. soda
1½ tsp. baking powder

Cream sugar and butter; add beaten egg, then add sour milk and molasses alternately with dry ingredients sifted together. Pour into greased and floured shallow pan and bake 30 to 45 minutes in a moderate over, 375°.

When cool, trim the edges of the gingerbread, split into two layers and put together with a generous filling of cream cheese softened with a small amount of milk. Spread the softened cheese over the top in the same manner as soft icing or whipped cream, and serve at once.

The gingerbread may also be baked in individual cup cakes, and split, filled and topped with cream cheese.

Baked Apple with Cheese

Wash and core desired number of good cooking apples. Fill cavities with sugar. Bake. When done remove from pan and cool. Fill centers with American cheese softened with cream. Serve with plain or whipped cream.

Frozen Cheese with Apricots

Mash ⅔ cup of cheese. Whip ½ cup of cream. Add the cheese, beat until smooth. Sweeten to taste. Add 1 tsp. lemon flavoring and ½ cup chopped canned apricots that have been canned in medium syrup. Put containers in iceless refrigerator and let stand until firm or pack in tightly covered mold and bury in salt and ice for four hours. Slice and serve with halves of apricots for garnish.

GARNISHES

These garnishes are suitable for salads and pastry.

Cheese Apples

Mold into shape small cheese balls. Shape as a small apple stem and blossom end. In the stem end, put the stem end of clove and the blossom end the blossom end of the clove showing. Color one side with vegetable coloring.

Cheese Carrots

Shape like small carrots, cheese that has been softened. Put a small sprig of parsley in the top or larger part of the carrot.

Celery Heart Stuffed with Cheese

Stuff small celery hearts with cheese that has been softened and moistened. Dash of paprika.

Cheese and Parsley Balls

Season the cheese and mold into balls, chill, and roll in finely chopped parsley. Serve as garnish or on lettuce leaves with French or mayonnaise dressing.

COTTAGE CHEESE

Cottage cheese is made from skim milk and is a highly palatable and nutritious product. It is an excellent source of protein and a good source of calcium. When cream is added its food value is little different from other cheese. Served either alone or in combination with other foods, cottage cheese is a food which may form an important part of the diet. Its cheapness, palatability, food value, and adaptability to a variety of uses make it an extremely valuable food. No sour milk or skim milk should go to waste, as it may easily be made into cottage cheese.

Reasons for Using Cottage Cheese

Cottage cheese is:

1. Easily digested and very palatable
2. An excellent source of protein
3. Economical to use
4. Used in a great variety of ways.

COTTAGE CHEESE RECIPES

Cottage Cheese and Pineapple Salad

Prepare cottage cheese by seasoning and making into balls. Roll in chopped nuts and serve around a mound of cottage cheese and chopped pineapple, which has been placed on a lettuce leaf. Add a small amount of salad dressing to the cottage cheese, add a dash of paprika to the salad dressing.

Cottage Cheese, Apple and Vegetable Salad

½ cup chopped cabbage
1 cup chopped, unpared red apples
½ cup chopped celery
¼ cup chopped green pepper

Mix with cottage cheese salad dressing, serve on lettuce leaf.

Pear and Cottage Cheese Salad

Prepare crisp lettuce leaves and place in center of leaves a mound of cottage cheese. Place half of a canned pear in center of cottage cheese. Fill with cottage cheese salad dressing, and garnish with small cubes of currant jelly.

Tomatoes Stuffed with Cottage Cheese Salad

Peel carefully fresh tomatoes. Chill. Place tomato on crisp lettuce leaf. Fill carefully with cottage cheese, making mound in center of tomato. Sprinkle with dash of paprika and garnish edge of tomato with small pieces of parsley between edge of tomato and cottage cheese. A neat appearance can best be obtained by filling tomato and garnishing before placing on lettuce leaf.

Molded Cottage Cheese Salad

1 pkg. lemon jello
1 cup boiling water
1 cup canned pineapple juice (add water if not enough to make cup)
1 cup crushed pineapple
1 cup cottage cheese
½ cup chopped green pepper
¼ tsp. salt
Paprika

Dissolve jello in boiling water. Add pineapple juice. Chill. Combine cottage cheese, green pepper, pineapple and seasoning. When jello is slightly thickened, fold in cottage cheese, green pepper and pineapple mixture. Garnish mold with green stuffed olives. Cut in slices. Pour in salad mixture and let stand until firm.

Cottage Cheese and Pineapple Salad

Prepare cottage cheese by seasoning and making into balls. Roll in chopped nuts and serve around a mound of cottage cheese and chopped pineapple, which has been placed on a lettuce leaf. Add a small amount of salad dressing to the cottage cheese, and a dash of paprika to the salad dressing.

Pineapple Cottage Cheese Salad

Place slices of pineapple on lettuce leaf. Fill center with cottage cheese. Garnish with sliced stuffed green olives. Serve with sour cream salad dressing.

Sour Cream Dressing

1 cup sour cream
Lemon or pineapple juice

Beat cream, add lemon or pineapple juice.

Cottage Cheese Salad Dressing

½ cup cooked salad dressing
¼ cup cottage cheese
⅛ tsp. soda
2 egg whites
½ cup sour cream

Add cheese, to which soda has been added, to stiffly beaten whites. Fold this mixture into the hot dressing. Add whipped cream. Serve on either vegetable or fruit salad.

Cottage Cheese and Nut Loaf

2 cups cottage cheese
1 cup chopped nuts
1 cup cold leftover cereal (any kind)
1 cup dry bread crumbs
2 tbsp. chopped onion, or ½ tsp. onion juice
1 tbsp. fat
Salt and pepper
⅓ tsp. or more of soda to neutralize acid
Sage, poultry seasoning or mixed herbs
Worcestershire sauce or kitchen bouquet, if desired

Mix all ingredients together thoroughly, form into a loaf, and bake in a buttered pan in a hot oven for 20 to 25 minutes, or till top and sides are well browned. Turn out on a hot platter. Serve with a brown or tomato sauce if desired. This loaf is particularly good made with peanuts. If preferred, substitute for the cup of chopped nuts, 2 tbsp. of peanut butter and ½ cup of coarsely chopped nuts, and season with ½ tsp. of ground sage or with 1 tsp. of mixed poultry seasoning. Where walnuts are used, pimentoes make a good garnish.

COTTAGE CHEESE SANDWICHES

Open Face Cottage Cheese

Butter whole wheat bread and spread with soft and seasoned cottage cheese. Cut cross diagonally and garnish each half with a slice of ripe tomato.

Cottage Cheese Club Sandwiches

Cottage cheese, tomatoes or any fresh vegetable, lettuce or water cress, bacon or chicken.

Cottage cheese, horseradish, salad dressing.

Cottage cheese, celery, salad dressing.

Cottage cheese, strawberry preserves or any fruit jam.

Cottage cheese, shredded pineapple, chopped nuts.

ICE CREAM

"There is no more attractive way of serving milk to your family than in good ice cream."

Dr. E. V. McCollum.

"I am confident that an ample supply of ice cream in the home whenever possible prevents a great many of these deficiencies that come to us through modern diet."

Dr. A. W. Homberger, University of Louisville.

Ice cream is a food and should have an established place in the daily diet. It is not a luxury, nor can it be considered as a mere confection or something to have as a special treat, for it contains in abundance those food materials so necessary in the human diet. Ice cream contains milk fat, protein, sugar, minerals, vitamins, and an added high quality protein in the form of a small amount of gelatine.

More ice cream should be consumed for it is appetizing, palatable, wholesome, and nutritious for children and adults alike, is easily made or procured, and may be served in a variety of attractive ways. It is especially valuable and suited to invalids who are denied other types of food.

Reasons for Using Ice Cream

Because ice cream:

1. Is easily digested
2. Is highly nutritious
3. Is very palatable and may be served in a great variety of ways
4. Contains large amounts of vitamin A
5. Promotes growth and general health.

ICE CREAM AND FROZEN DESSERTS

Prune Ice Cream

1 cup prune pulp
Juice of 1 lemon
⅛ tsp. salt
1 cup cream
1 cup sugar
Juice of 1 orange
½ cup milk

Rub cooked prunes through a sieve to obtain the pulp. Add the remaining ingredients, the cream whipped, last of all. Mix thoroly and freeze.

American Ice Cream

1 egg or 2 egg yolks (slightly beaten).
½ cup sugar
Pinch of salt
1 cup milk, scalded
2 cups thin cream
1½ tsp. vanilla

Make a soft custard of the egg, sugar, salt, and milk. Cool. Add the cream and vanilla. Freeze. If desired, substitute 1 tsp. flour for half of the egg.

Strawberry Ice Cream

2 cups thin cream, or
1 cup thin cream and 1 cup milk
1 cup sugar
2 cups crushed strawberries

Add the sugar to the berries, let stand for 15 or 20 minutes. Strain if desired, add the cream, and freeze.

Apricot Ice Cream

Substitute, in the above recipe, fresh, canned, dried, or preserved apricot pulp for strawberries. Sweeten as needed.

Apricot Cream Sherbet

Measure 2 cups of canned apricots which have been mashed through a potato ricer. Cover with ¾ cup sugar and let stand three hours to ripen. Fold in 1 cup of cream whipped stiff and freeze.

Peach Cream Sherbet

Measure two cupfuls of mashed, fresh peaches and cover with one cupful of sugar. Let stand for three hours to ripen, fold in one cupful of cream whipped stiff, and freeze. Garnish, when serving, with chopped maraschino cherries. In case you desire to use canned peaches, the amount of sugar should be reduced to three-fourths cupful.

Strawberry Cream

Cut into cubes 20 marshmallows and melt in double boiler with ¼ cup water. Clean and sort enough strawberries to make 1 cup when crushed. Add 1 cup sugar and 1 tablespoon orange juice. Let stand for half-hour to ripen. Cool melted marshmallows and fold in the crushed fruit last. Fold in 1 cup whipped cream. Put in ice box tray and freeze.

Frozen Pudding

4 cups thin cream
¾ cup sugar
1 cup cake crumbs
1 cup diced mixed fruit

Mix the cream, sugar and crumbs. Freeze. Fill the molds with alternate layers of the frozen mixture and fruit. Pack in a 3:1 ice and salt mixture for two hours.

Strawberry Roll

¼ tsp. gelatine soaked in
1 tbsp. cold water
¼ cup sugar
2 egg whites, beaten stiff
⅔ cup heavy cream
1 tsp. vanilla
Strawberry ice cream (see recipe)

Dissolve the soaked gelatine over hot water. Add to the cream in which the sugar has been dissolved. When it begins to thicken, pour slowly onto the egg white while beating. Continue to beat until of the consistency of whipped cream. Flavor. Line a round mold with the strawberry ice cream. Fill the center with the other mixture in above recipe. Pack for three hours in a 3:1 ice and salt mixture.

Angel Parfait (White Parfait)

1 cup sugar
¾ cup water
3 egg whites, beaten stiff
2 cups heavy cream, whipped
1 tsp. vanilla

Boil the sugar and water to the soft-ball stage. Pour slowly onto the egg whites and continue beating until cold. Add the cream and the vanilla. Put into molds. Pack in a 1:1 or a 2:1

ice and salt mixture. Let stand three hours. This may be put into molds and put in an iceless refrigerator and let stand.

Strawberry Parfait

Add 2 cups crushed, fresh strawberries to angel parfait just before molding. Omit the vanilla. Other fruits may be used in the same way.

DO YOU KNOW

1. What kind of milk you should drink?

   You should drink only high quality milk, free from disease bacteria, visible dirt, unpleasant odors and taste, and not containing an excessive number of bacteria. Use only milk from cows free from tuberculosis and contagious abortion.

2. That milk is a suitable food for either child or adult and each day's meals should allow at least a pint for the adult and a quart for the child?

3. That milk and milk products may be used in all parts of the meal?

4. Why the vitamins found in milk and milk products are so important?

Because:

1. Vitamin A promotes growth and resistance to disease.
2. Vitamin B promotes growth, stimulates the appetite, aids digestion, and gives strength to the nervous system.
3. Vitamin C helps to prevent scurvy and helps to build sound, strong bones and teeth.
4. Vitamin D aids in preventing rickets and in building sound, strong bones and teeth.
5. Vitamin G promotes growth and prevents pellagra.

5. What minerals found in milk help to make strong bones and teeth?

Calcium and phosphorus are found in liberal quantities and milk is probably our best source of calcium.

6. Why you should eat butter?

There is no food that may completely take the place of butter in meals suited to good growth and development.

7. That there is no waste in butter, and it is completely and easily digested?

8. What good butter is?

Good butter has a clean, delicate flavor; is free from undesirable off-flavors; has a firm, solid body; is waxy in appearance; breaks with a grain like broken steel; has a color which is absolutely uniform; and has a thoroughly dissolved salt content which imparts a mild salty taste.

9. That cottage cheese may be made successfully in the home?

Farmers' Bulletin 1451, of the United States Department of Agriculture, gives instructions for successfully making cottage cheese in the home.

10. What good cottage cheese is?

Good cottage cheese has a clean, mildly acid flavor, and the body and texture are soft, smooth, and uniform throughout.

11. What the average yearly income to the State of Idaho is from dairy products?

$17,000,000.

12. How important the dairy industry is to Idaho?

Approximately 14 per cent of the gross farm income in Idaho is derived from dairy products.

13. How much butter is made in Idaho?

In 1930, 26,013,608 pounds of creamery butter (exclusive of ranch butter) were made in Idaho.

14. How much cheese is made in Idaho:

In 1930, 9,025,610 pounds of cheese were made in Idaho.

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